

**"Tools for Schools"**  
**OPI Methamphetamine Prevention Education Project**  
**Grades 6-8**  
**Teacher's Lesson Plan**

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**Title:** Meth & Weight

**Audience:** Grades 6-8

**Learner Objectives**

Students will—

- Learn about the dangers of methamphetamine use for weight loss
- Understand how meth can destroy dreams and lives
- Understand that thinness will not lead to a perfect, glamorous life
- Understand how media and advertisers fuel the obsession to be thin
- Understand media-defined beauty versus beauty defined by each person

**Life Skills Taught**

- Decision-making
- Critical thinking
- Responsibility
- Media literacy
- Goal setting
- Self-definition

**Materials Needed**

- PowerPoint projector
- Screen
- Computer with PowerPoint program software

**Time Needed**

30 minutes

## Teaching Tips

Here are some tips for leading this activity:

- Preview the PowerPoint presentation at least once before presenting it and know when to click forward on each slide and when to wait for the animation.
- Be clear on what the curriculum is and isn't. Some things students want or need will not be included in this curriculum.
- Use the curriculum as a guide. Use it to meet the needs of the students and feel free to experiment with the delivery of this information.

## PowerPoint Basics

PowerPoint is a modern method of presenting a slide program without a slide projector and also provides animation and sound. There are lots of manuals that teach the basics of using this program. Here are some basic tips for effectively using PowerPoint as an educational tool:

F5—pressing this key is a simple method to activate the slide show from the beginning. You can accomplish the same thing by moving your mouse over the "slideshow" icon in the lower left-hand corner of your screen.

ESC—hitting the "escape" key will end a program.

Shift-B—hitting these keys will create a black screen. Use if you want to stop in the middle of a program and have a discussion without having a distracting image on the screen. Hit it again to return to the PowerPoint presentation.

Shift-W—hitting these keys will create a white screen. Like the black screen command described above, you can hit these keys to return to the program when you are ready.

ALT-Tab—by holding down the ALT key and pressing the "Tab" key, you can easily move between a PowerPoint program and other programs on your computer.

Down-Arrow Key—this key is used to move forward in the slide show, and except for self-timed programs, must be used to advance from one slide to the next.

Up-Arrow Key—this key is used to move backwards in the slide show to the previous slide.

## **Introduction**

This is another one of the introductory lessons in the OPI meth education prevention project. Methamphetamine is a drug unlike many others. It does not discriminate when it comes to those who abuse it. The ingredients to create meth are readily available. It is highly addictive. And, its effects run throughout our communities.

This lesson gives the student information on how devastating meth use can be when used to lose weight. Many people, especially women but also males, start using meth to lose weight. Most people think they will only use meth temporarily until the desired weight loss is achieved. This is sadly not the case.

The drive for thinness, fueled by the media and advertisers, has created a culture obsessed with thinness as a means to provide them a glamorous and happy life. People selling meth capitalize on this desire to lose weight. The consequences of meth use are in direct contrast to their hopes and desires of thinness.

## **PowerPoint with Notes**

### **Slide 1-Series Slide**

### **Slide 2- Title Slide: Weighing Your Options against Meth**

*Special Note:* This beginning slide requires three clicks to bring up all the information—the first click brings in the title, the second click brings in the two elements to weigh on the scale (meth and your life) and finally you should use the mouse to click on the “measure” box to activate the scales to move. If you use the down arrow, you will automatically move to the second slide without seeing the scales move.

Taking meth is not an option for any reason, especially for weight loss. This lesson explores youths' motivations to lose weight and contrasts these motivations with the results of using meth for weight loss. For example, youth think losing weight will provide them with more friends; however, by using meth to lose weight, youth will end up alone and lonely, just the opposite of their expectations. Overall, this lesson will help youth with the decision “not to take meth for any reason.”

### **Slide 3- Trying to Lose Weight with Meth will...**

*Special Note:* This slide requires 3 clicks to bring up all the information.

There are many reasons why people try meth. Taking meth for weight loss has tragic results for youth, especially young women. Meth pushers, friends and party acquaintances may try to convince youth that meth is OK to use for weight loss. Meth pushers may promote that meth will not have negative consequences if taken for short-term weight loss, an idea that can be very tempting for youth. Therefore, meth pushers may say taking meth for short term weight loss is OK versus taking meth to get high or for a good buzz. However, taking meth once can lead to addiction or death. Meth is NOT OK to use for any reason, especially for weight loss. The reason for taking meth does not matter. No matter why youth take meth, meth can quickly kill or create devastated lives.

### **Slide 4- You have told yourself that losing weight will help you...**

*Special Note:* This slide requires just one click.

Question: Ask youth why their friends and others want to lose weight or develop 6-pack abs? What do youth think extreme thinness or an extremely muscular look will give them in their lives that they do not have already, or have enough of?

Youth are under the misconception that their current weight or physique is preventing them from having many things they perceive they want and need. However, many things youth desire are unrelated to weight loss and physique. Weight loss, no matter what the media suggests, is not the only answer for being happy, being more attractive, having more friends, feeling good about themselves, getting a great job, and living the good life.

### **Slide 5- After trying Meth to lose weight in hopes of being happy, see what happens when you...**

*Special Note:* This slide (and the next several like it—up through slide #8) requires two clicks—one to bring up the information and the second activates the scale that will bring up the word “addicted.”

There is a double whammy if youth think they will be happier after dieting with meth. First, meth in and of itself leads to depression and desperation, not anything approaching happiness. Secondly, extreme weight loss and a great physique is NOT a guarantee of happiness. The media and other segments of our culture try to convince youth that weight loss is the

road to happiness. Unfortunately, many youth accept this as the truth; however, weight loss will not solve the important struggles of youth.

**Slide 6- Using Meth to lose weight will not make you more attractive...**

The desire to be more attractive is the #1 reason youth want to lose weight.

**Discussion Point #1**

Take a look at the picture of someone who takes meth and tell me if you think they are attractive. If considered unattractive, what changes or features make them unattractive? Ask each youth to envision a picture of themselves with those unattractive features. This is what each youth may look like if they take meth to lose weight. Do you consider yourself more or less attractive than you do right now? Is meth worth it?

**Discussion Point #2**

The media and our culture have convinced most youth and adults that being beautiful or having a muscular physique is a significant life priority. Two beliefs need to be in place in order to go along with messages promoted by current mainstream media and culture:

- 1) Accept that the media-defined image of attractiveness is the only image of beauty worthy of achieving. What is the image of attractiveness sold by the media and other parts of our culture?
- 2) Accept that how they look is one of the most important characteristics that defines who they are as a person. If youth accept this, then much of what youth do and buy will be focused on trying to achieve the image of attractiveness defined by the media and other segments of our culture. So if youth think they are attractive according to media standards, then they are an OK person and OK with whom they are. If people do not think they are attractive then they will go to great lengths to achieve the beauty and physique defined by the media.

**Discussion Point #3**

However, obtaining media-defined beauty and muscular physique is nearly impossible. Why? There are two main reasons:

- 1) Models for women are of one, and only one body type. What is that body type? What types of body types are excluded from this

list? Only 1 person in 100 has the potential body type to become a female model. Male models also have one body type. What body type is that? What body type is excluded from this list?

2) Through the use of technology, media and advertisers can create images of attractive people that have been airbrushed to look PERFECT. Also, media will create an ideal "person" by taking a head from one person, the body from another and the hair from someone else to create a PERFECT image.

#### Discussion Point #4

Media and advertisers are behind this PERFECT image to create dissatisfaction among youth with how they look. Media and advertisers then suggest what should be purchased in hopes of reaching the unobtainable, the PERFECT image.

Questions: Ask youth what parts of this drive for attractiveness they want to accept and what parts do they not want to accept. It is important to discuss that most youth want to look attractive and be accepted, as this acceptance is an important part of adolescent development. However, when does this desire to be attractive move from normal adolescent development to an obsession?

#### **Slide 7-Using Meth to lose weight will not help you make friends...**

People mistakenly think that if they lose weight they will acquire many new "cool" friends, much like portrayed by TV commercials and magazine ads. Making and keeping good friends is not about weight loss but rather about having common interests, respect, and trust. Taking meth will result in losing good friends and spending time alone and lonely. When using meth, youth will meet meth pushers and other addicts, not potential true friends.

#### **Slide 8- Using Meth to lose weight will not help you get a job...**

Word of mouth, good references, and small jobs are the best way to get a part-time or full-time job. Taking meth to lose weight is a poor choice in trying to land a good job. Because meth is highly addictive, people soon start stealing from employers and others. It is inevitable that an employer will find out the meth user is stealing. When stealing occurs, a person's job future is "history."

**Slide 9- Using Meth to lose weight will not make your life glamorous...**

Many youth have seen the horrible life people lead after taking meth. Life on meth is lonely and scary. People become addicted, steal, look unhealthy, and unattractive. Meth to lose weight as the key to "the great life" will never happen.

**Slide 10- Advertisements Fuel Obsession with Attractiveness**

*Special Note:* This slide requires four clicks to activate all the animation. Use each at your own pace. The final one shows the model throwing money in the trash can.

Media and advertisements want youth to buy into their image of beauty and, in turn, buy their product. Companies encourage youth to spend their money by showing how buying their products will supposedly help them look PERFECT. Meth pushers promote that using meth will help youth lose weight and help them to look PERFECT. Will taking meth help youth look PERFECT?

**Slide 11- Remember What Matters** (Hit down-arrow key 5 times.)

Many youth and adults have placed looking PERFECT as a priority in their lives.

Question: Is looking PERFECT really a valuable priority? What else really matters to youth, their family and friends?  
Based on responses, discuss how meth will take away all what really matters to them. Discuss the need to strengthen what really matters to them and provide them with the skills to strengthen what really matters.

**Slide 12- Unfortunately for some youth...** (Hit down-arrow key just once.)

For some youth, all that counts is being attractive and thin. If individuals do not achieve media-defined attractiveness, desperation can set in. People selling meth feed on the obsession and desperation to lose weight, so they push meth for weight loss. They want business. They know meth is highly addictive and does not take long before youth will do anything to get money for more meth. The desire to lose weight is replaced by the desire and desperation for more meth. Again, it is important for youth to take time to strengthen what really matters to them. Remember meth will take away all that really matters.

**Slide 13- Making Decisions about Meth** (Hit down-arrow key just once.)

Discuss that no one should take meth for any reason, especially for weight loss. Taking meth to lose weight is just as deadly and addictive as taking it to get high.

**Slide 14-Making Decisions About What Matters** (Hit down-arrow key three times.)

Review that each individual decides how much to buy into advertisements' warped messages that attractiveness is all that matters. Reinforce that it is normal to want to look nice and be accepted, but not healthy for this to turn into an obsession. Discuss how important it is to take time to remember what matters because advertisements are constantly bombarding youth with their message. Review skills to strengthen what really matters. Review that this ultimately becomes a choice by each individual.

**Slide 15—End Slide**

**Additional Activities**

*Get Real, Images Ads and the Truth*: Video, Lesson Plan/Resource Guide: These resources focus on media literacy for teens. "Get Real, Images Ads and the Truth" 25-minute video depicts a cast of Montana teenagers analyzing and evaluating advertising, exploring how advertisements are made, and examining the effect of advertising on perceptions of beauty and attractiveness. In addition, these teenagers discuss the process of developing and communicating their own personal style.

These resources are appropriate for teaching the Montana Standards for Media Literacy and cover each of the four Content Standards and Performance Standards.

The video can be purchased (\$30) or loaned through:

Extension Food and Nutrition

406-994-5702

[lpaul@montana.edu](mailto:lpaul@montana.edu) or [jfeist@montana.edu](mailto:jfeist@montana.edu)

The lesson plan/resource guide and educator letter/evaluation is available at: <http://www.montana.edu/extensionnutrition/>

### **Websites**

Center for Weight and Health: <http://nature.berkeley.edu/cwh/>

WIN the Rockies: <http://uwadmnweb.uwyo.edu/WinTheRockies/>

MSU Extension Food and Nutrition: [www.montana.edu/extensionnutrition/](http://www.montana.edu/extensionnutrition/)

BodyWise Handbook: <http://www.4woman.gov/bodyimage/bodywise.cfm>

National Eating Disorders Association:

<http://www.nationaleatingdisorders.org/>

Center for Media Literacy: [www.medialit.org](http://www.medialit.org)

A project of the Montana Office of Public Instruction,  
Linda McCulloch, State Superintendent of Public Instruction  
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# Tools for Schools

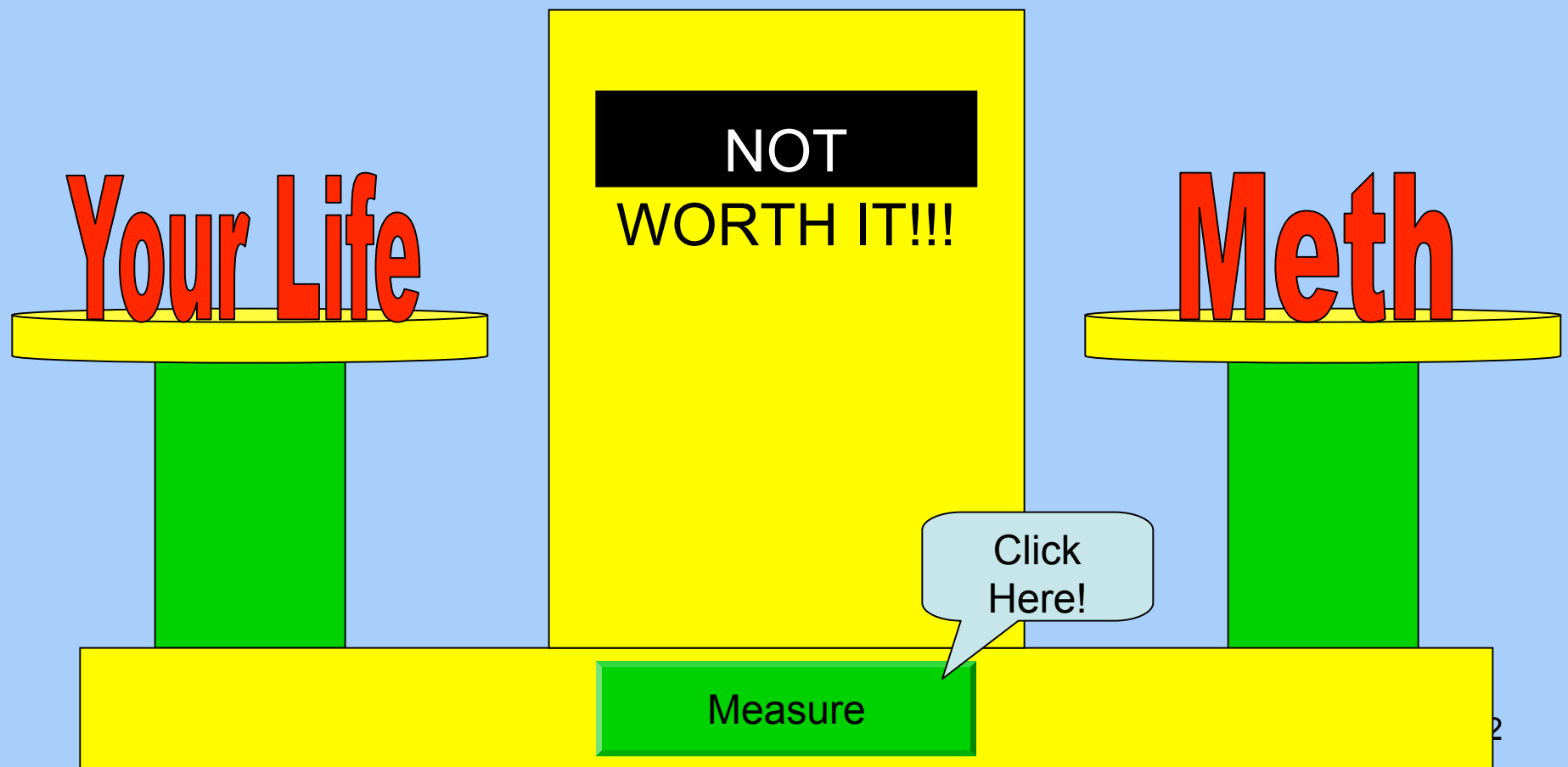
# "Meth & Weight"

Grades 6-8



A project of the Montana Office of Public Instruction,  
Linda McCulloch, State Superintendent of Public Instruction  
Funded by Attorney General Mike McGrath and the  
Montana Department of Justice

# *Weighing Your Options Against Meth*



# Trying to Lose Weight with Meth will...



- Devastate lives.



- Lead to addiction and imprisonment.



Cause death even on the first try.

# You have told yourself that losing weight will help you

- Be happy
- Be more attractive
- Make friends
- Feel good about yourself
- Get a job
- Live the great life



After trying meth to lose weight,  
see what happens when you . . .



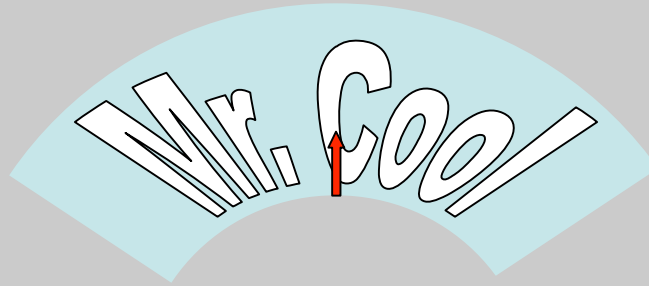
# Using meth to lose weight will not make you more attractive...

Pretty

Instead you get. . .



# Using meth to lose weight will not help you make friends...



Instead you get. . .



# Using meth to lose weight will not help you get a job ...

Employed

Instead you get. . .



# Using meth to lose weight will not make your life glamorous ...

Great Life

Instead you get. . .




# Advertisements Fuel Obsession with Attractiveness

## Advertisements



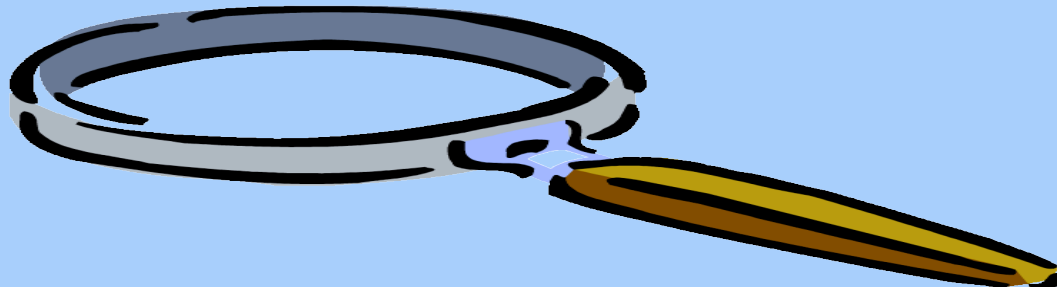
Businesses advertise to get your money. They erroneously link buying their products with attractiveness.

# Remember What Matters



It's called "Weight'O'Be Gone" spray. It uses a special chemical that makes you get rid of flab.

Say no to the hype to be thin.  
Know what really matters to YOU,  
your family, and your friends.



Take time to strengthen what really matters!<sup>1</sup>

# Unfortunately for some youth,

....All that counts is being attractive and desperation sets in.

Meth pushers feed on the desperation to lose weight. They want you addicted.



# Making Decisions about Meth

- Decide not to take meth for any reason.
- Don't let anyone talk you into taking meth.
- Taking meth to lose weight is just as deadly and addictive as taking it to get high.

Meth can kill you or make you an addict,  
no matter why you take it.

# Making Decisions about What Matters



**Say no to the PERFECT image.**



**Remind yourself of what matters.**

**Ask others for ideas to help  
strengthen what matters.**



**The choice is yours, and only yours.**

# "Tools for Schools"

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